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SUMMER OF HELL PART II?

More Amtrak work to be done this summer. 8-9

Pop-up exhibit spotlights FDNY diversity. 6-7

Rikers is no place for kids. Hear from incarcerated youth. 17

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FIX FACEBOOK

Internet mogul Mark Zuckerberg was grilled on Capitol Hill yesterday on a range of heated issues, from Facebook's handling of alleged Russian attempts at election interference to consumer privacy and hate speech. 4

PHOTO ILLUSTRATION GETTY IMAGES

5 THINGS YOU NEED TO KNOW

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PHOTO: CARLOS LLAMAS

ALEK KORAB, EDITOR-IN-CHIEF

"Fix Facebook!" demanded protesters in D.C. yesterday. Usually, we ask politicians to fix fundamental things for us, like infrastructure or healthcare. With its 1.8 billion users around the world, Facebook is fundamental. It collects data about us and sells it, and it allegedly facilitates bad guys influencing elections that shape how we live. And it's being led by a manchild who screws up. Facebook is too important to leave fixing it to kids. Read more on page 4 and at **Metro.us**.

RUSSIA TELLS US: REFRAIN FROM ACTION ON SYRIA

1 Russian U.N. Ambassador Vassily Nebenzia appealed to the U.S. on Tuesday to "refrain" from any action it might be planning against Syria over a suspected deadly chemical weapons attack. "The threats you are proffering that you're stating vis-a-vis Syria should make us seriously worried, all of us, because we could find ourselves on the threshold of some very sad and serious events," Nebenzia told U.S. Ambassador Nikki Haley. "I would once again ask you, once again beseech you, to refrain from the plans that you're currently developing for Syria," he said after the council failed to approve a third draft resolution on chemical weapons attacks in Syria. Russia on Tuesday vetoed a U.S.-drafted U.N. Security Council resolution that would have created a new inquiry to ascertain blame for chemical weapons attacks in Syria. Twelve council members voted in favor, while Bolivia joined Russia in voting no, and China abstained. A resolution needs nine votes in favor and no vetoes by Russia, China, France, Britain or the U.S. to pass. "This resolution is the bare minimum that the council can do to respond to the attack," said U.S. Ambassador to the U.N. Nikki Haley.

TRUMP FUMES OVER PROBE; LAWYERS URGE RESTRAINT

2 White House lawyers are trying to dissuade U.S. President Donald Trump from seeking to get rid of Special Counsel Robert Mueller, as Trump weighs options after the FBI raided his personal attorney's office and home, two U.S. officials said on Tuesday. White House lawyers Ty Cobb and Donald McGahn have been telling Trump that firing Mueller would leave the president vulnerable to charges of obstruction of justice and have said that he must have "good cause" to order Deputy Attorney General Rod Rosenstein to oust Mueller, the officials said. The lawyers repeated those arguments after Monday's raids targeting Trump's personal attorney, Michael Cohen, but have made little or no progress persuading the president, the officials said. Aides said Trump was fuming on Tuesday over the raids but his future course of action remained unclear. The advice of the lawyers takes on greater significance following the departure of key aides, such as Hope Hicks, who recently resigned as White House communications director. Neither Cobb nor McGahn responded on Tuesday to requests for comment. source said.

Read more on page 12.

ACTIVISTS CALL ON FACEBOOK TO CRACK DOWN ON DISINFORMATION

3 One hundred life-size cutouts of Facebook CEO Mark Zuckerberg sit on the lawn of the U.S. Capitol on Tuesday in Washington, D.C. The advocacy group Avaaz placed the cutouts on the lawn to bring attention to the alleged hundreds of millions of fake accounts still spreading disinformation on Facebook ahead of Zuckerberg's hearing before the Senate Commerce, Science, Transportation and Judiciary committees. ***Read more on page 4.***

GETTY IMAGES

RAID ON TRUMP'S LAWYER SOUGHT PAYMENT INFO

4 FBI agents who raided the offices of President Donald Trump's personal attorney were looking for details about "arrangements, agreements and payments" related to two women who have said they had sexual relationships with Trump, a source said on Tuesday. In its search targeting attorney Michael Cohen on Monday, the FBI was looking for information on payments to adult-film star Stormy Daniels, who received a $130,000 payment from Cohen in exchange for signing a non-disclosure agreement, and Karen McDougal, a former Playboy model, the source said. The Federal Bureau of Investigation searches of Cohen's office and home, which Trump denounced on Monday as disgraceful, were a dramatic new development in a series of probes involving associates of the Republican president. The New York Times, which first reported on the news about the women, said the search warrant sought information about McDougal, who was paid $150,000 by the parent company to tabloid newspaper The National Enquirer, which then withheld a story about her relationship with Trump.

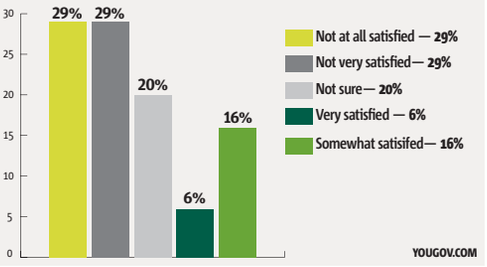
CHINA VOWS TO OPEN ECONOMY, CUT TARIFFS

5 Chinese President Xi Jinping promised on Tuesday to open the country's economy further and lower import tariffs on products like cars, in a speech seen as an attempt to defuse an escalating trade dispute with the U.S. While much of his pledges were reiterations of reforms that foreign businesses say are long overdue, Xi's comments sent stock markets and the U.S. dollar higher on hopes of a compromise that could avert a trade war. Xi said China will widen market access for foreign investors, addressing a chief complaint of its trading partners and a point of contention for President Donald Trump, who has threatened billions of dollars in tariffs on Chinese goods. Trump struck a conciliatory tone in response to Xi's speech, saying in a post on Twitter that he was "thankful" for the Chinese leader's kind words on tariffs, as well as his "enlightenment" on the issue of intellectual property. Washington charges that Chinese companies steal the trade secrets of American companies and force them into joint ventures to get hold of their technology, an issue that is at the center of Trump's current tariff threats.

STATS

DISSATISFACTION WITH FACEBOOK RESPONSE

How satisfied are you with Facebook's response to the Cambridge Analytica story?



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Facebook's Zuckerberg apologizes for missteps

Mark Zuckerberg has claimed to support proposed legislation requiring social media sites to disclose the identities of buyers of online political ads. GETTY IMAGES

Zuckerberg, who founded Facebook in 2004, is fighting to prove that he is the right person to go on leading the social media giant.

Facebook Chief Executive Mark Zuckerberg on Tuesday fended off questions from U.S. senators on how the social network handles user data and plans to counter attempts at interfering in U.S. elections.

Zuckerberg repeated his apologies made on Monday for a range of problems that have beset the world's largest social network, but the 33-year-old internet mogul broke little new ground in a joint hearing of the U.S. Senate's Commerce and Judiciary committees, raising investor hopes he could forestall strict regulation.

87M

Facebook acknowledged that 87 million people had personal information harvested by Cambridge Analytica.

"We are going through a broad philosophical shift at the company," said Zuckerberg, wearing a dark suit and tie instead of his typical T-shirt and jeans.

Outside the Capitol, online protest group Avaaz set up 100 life-sized cutouts of Zuckerberg wearing T-shirts with the words "Fix Fakebook."

Facebook faces a growing crisis of confidence among users, advertisers, employees and investors after acknowledging that up to 87 million people, mostly in the United States, had personal information harvested from the site by Cambridge Analytica, a political consultancy that has counted President Donald Trump's election campaign among its clients.

It is also struggling to deal with fake news and alleged foreign interference in elections, disclosing in September that Russians under fake names used the social network to try to influence U.S. voters in the months before and after the 2016 election, writing about inflammatory subjects, setting up events and buying ads.

"We believe it is entirely possible that there will be a connection there," Zuckerberg said when asked if there was overlap between Cambridge Analytica's harvested user data and the political propaganda pushed by the Kremlin-linked Internet Research Agency during the 2016 presidential election, which Facebook has said was seen by some 126 million people.

In February, U.S. special counsel Robert Mueller charged 13 Russians and three Russian companies with interfering in the election by sowing discord on social media. REUTERS

Facebook chief Mark Zuckerberg talked to lawmakers about allegations that the social media company improperly handled its users' private data. GETTY IMAGES

Here's how to find out if your Facebook info was shared with Cambridge Analytica

Facebook recently announced that approximately 87 million people had their Facebook personal information stolen by British consulting firm Cambridge Analytica.

Facebook CEO Mark Zuckerberg has since acknowledged the scandal and recently announced major changes to Facebook's privacy settings to make them more accessible to users so they can have more control over their information.

If you haven't received a notification or a prompt in your News Feed, you can easily check to see if you your Facebook info was shared with Cambridge Analytica.

Facebook has a tool that will tell you if your information was shared with Cambridge Analytica located on the Facebook Help Center page. If your account has been affected, Facebook will provide you with steps to make updates to your app settings.

If you or any of your friends have used the Facebook app "This Is Your Digital Life," your information was shared with Cambridge Analytica. LENYON WHITAKER

How to remove Facebook apps after Cambridge Analytica scandal

Since Facebook has identified the app that misused Facebook info from millions of its users, it's probably a good time to review other Facebook apps and games installed on your Facebook account.

Log in to Facebook. Click the downward triangle at the top right (on desktop) and **click Settings.**

On the left side, click **Apps and Websites.**

Click on the tabs **Active and Expired.** You can remove apps you don't recognize or don't use to limit the amount of information you're sharing with third-party websites.

Last week, Facebook also revealed that it scans the messages used in its private message app, Facebook Messenger. The company said it scans your private messages you send to friends to make sure what you're sending follows their rules and guidelines.

Encryption expert sheds light on Facebook's flaws and which app is next

The Facebook data privacy scandal has many of the social network's users riled and concerned about the security of their personal information.

Encryption expert Jakub Kokoszka, managing director of UseCrypt, an encryption platform for secure data transmission, spoke to Metro about the ramifications of recent revelations for Facebook users.

How much of Facebook users' private data is really private?
I think this specifically is what we will really learn over the next few days. It turns out most of us were using the features on Facebook unconsciously. Some studies show that only 14 percent of users efficiently activate the encryption features in messenger. This is certainly frightening, I hope this will change and having more users aware ends in a more positive outcome.

Which platform will face the next "Cambridge Analytica scandal"?
Currently, I am wondering what the implications are for WhatsApp users. You can see in their privacy policy that as part of "Facebook Family," WhatsApp shares a lot of data with Facebook. I also believe that cryptocurrency world can be the next one to suffer.

Could this be the end of Facebook?
Yes, I strongly believe so, Facebook is no longer fashionable. Users do not want to put their names next to Facebook, this is why we see companies like Tesla, SpaceX and Jim Carrey and many other deleting their accounts. UseCrypt is starting to construct a movement of "global society connected by privacy" — this is the answer. SAM NEWHOUSE

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‘Everyday Heroes’ pop-up exhibit honors diverse members of the FDNY

Scottish artist Alexander Millar was inspired to celebrate many past and present Bravest after visiting the World Trade Center site four years ago.

NIKKI M. MASCALI
nikki.mascali@metro.us

Founded in 1865, the FDNY is arguably the most universally known — and largest — fire department in the world. And now, many of the Bravest past and present are being honored in “Everyday Heroes,” a pop-up exhibit featuring the work of Scottish artist Alexander Millar.

Millar, a native of a little town best known for being the birthplace of Johnnie Walker, was inspired to create his first U.S. exhibit during a visit to the World Trade Center site four years ago.

“It was very moving and emotional for me. What happened on 9/11 did not just affect Americans, it affected the world,” Millar told Metro. “That day, we all saw the bravery of the men and women that make up the FDNY, and that inspired me to create a new body of work that honors the city’s ‘Bravest’ and celebrates the qualities that make them some of the most extraordinary working people on the planet.”

Millar immersed himself in FDNY history and via the suggestion of the NYC Fire Museum, began working with the Vulcan Society, a fraternal organization of black FDNY firefighters.

“I learned a lot about diversity within the FDNY and what it took to get there,” Millar said. “That was when I came across a video developed by the Vulcan Society that talked a lot about the fallen heroes, but specifically people of color and women who serve the FDNY, but are not always acknowledge and recognized for their heroism. I wanted to do my part as an artist to honor these heroes and keep their memories alive.”

“Everyday Heroes” is comprised of about 25 impressionist-style oil paintings honoring many of the FDNY’s diverse faces, from Wesley A. Williams, the first black firefighter to be promoted to the rank of officer when he became lieutenant in 1927 and who retired as battalion chief in 1952, to Regina Wilson, who remains one of just 10 black women in the department she joined in 1999. A 9/11 first responder, Wilson is also the first female president of the Vulcan Society.

> **“I learned a lot about diversity within the FDNY and what it took to get there.”**
>
> Alexander Millar

“I thought the exhibit was amazing, and I think it’s a testimony to the unseen firefighters, the people of color and women,” Wilson told Metro. “A lot of images of firefighters show them as white men, and no one would have known that, at these tragedies like 9/11, that people of color and women are there, too, to protect them.”

Wilson said the FDNY has “a long way to go, but the department is really working its way to being more diverse and inclusive” and that “Everyday Heroes” highlighting the department’s diversity “is hopeful to me.”

Alexander Millar’s “Everyday Heroes” will be on view at 138 Wooster St. in SoHo through April 20.

“I learned a lot about diversity within the FDNY and what it took to get there,” Alexander Millar said of his research for “Everyday Heroes.” **ALEXANDER MILLAR**

"Everyday Heroes" will be on display in New York City until April 20. ALEXANDER MILLAR

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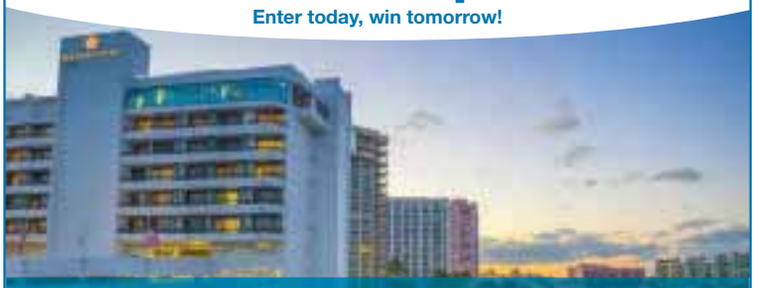

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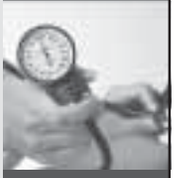

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Amtrak announces summer 2018 repair work at Penn Station

"While the schedules have yet to be finalized, there will be fewer service impacts and schedule changes compared to summer 2017," Amtrak said.

8,000
Amtrak's 2018 plans include replacing 8,000 ft. of continuous rail.

NIKKI M. MASCALI
nikki.mascali@metro.us

Amtrak will continue its infrastructure renewal work at Penn Station for the second consecutive summer, the agency announced Tuesday.

This round of work, estimated to cost between $45 million and $50 million, will make critical repairs and reconstruction on three major New York City assets: Track 19 in Penn Station and the Empire Tunnel and Spuyten Duyvil Bridge, which gives train access between upstate New York and Penn Station.

Work on the Empire Connection and Spuyten Duyvil Bridge is slated to begin May 26, while Track 19 work will get underway June 8.

But before commuters think this is Summer of Hell Part 2, "there will be fewer service impacts and schedule changes compared to Summer 2017," Amtrak said in its announcement.

"Amtrak is continuing to prioritize updating the infrastructure in and around New York Penn Station to improve our service reliability," Executive Vice President and COO Scot Naparstek said. "We thank our partners for their coordination and flexibility as we continue this important and necessary work."

The summer 2018 Amtrak work on the Empire Tunnel will include the replacement of track inside as well as cross ties, grade crossings and 8,000 feet of continuous rail, including track between the tunnel and the Spuyten Duyvil Bridge. Amtrak will also update the bridge's mechanical and electrical equipment, which was corroded by Hurricane Sandy in 2012.

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Summer of Hell Part 2? Amtrak announces summer repair work on Penn Station infrastructure, including Track 19, the Empire Tunnel and Spuyten Duyvil Bridge. AMTRAK

SERVICE CHANGES FOR AMTRAK'S SUMMER 2018 PENN STATION REPAIRS

Though Amtrak stated that schedule changes are still being finalized — and commuters will experience "fewer service impacts and schedule changes" than they did last summer — the agency did release some modifications passengers can expect.

Work on the Empire Connection and Spuyten Duyvil Bridge is slated to take place between May 26 and Sept. 4. During that time, Empire Service, Ethan Allen Express, Adirondack and Maple Leaf trains will be rerouted from Penn Station to Grand Central Terminal. Additionally, the Lake Shore Limited will run between Boston and Chicago only, with New York City and Hudson Valley riders connecting from Empire Service trains at Albany-Rensselaer.

Work on Track 19 in Penn Station will begin June 8 and conclude July 20. The current modified Amtrak schedule announced in January ahead of its winter work will remain through July 20, Amtrak said.

The LIRR schedules in place for the current Penn Station repairs will remain when crews shift from Track 18 to Track 19 this summer. Passengers, however, are encouraged to listen to track assignment announcements for the most up-to-date info once the work commences, the agency said.

New Jersey Transit has not yet announced if there will be any new service changes.

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Hundreds of worst pain sufferers from tri-state area calli

***NYC Pain MD* is a clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get further into this:

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy: "Radiofrequncy Neurotomy" is often referred to as RF for short.

Just what is "RF"?

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced medical imaging to "block"thenerves and slow down the pain.

Two procedures are performed. First, a test, diagnostic "Block" procedure is

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

able to finally get a goodnight's sleep again? How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

d Back Pain Victims Choosing
s Before Drugs or Surgery?

t Difficult Cases Finally Have Options

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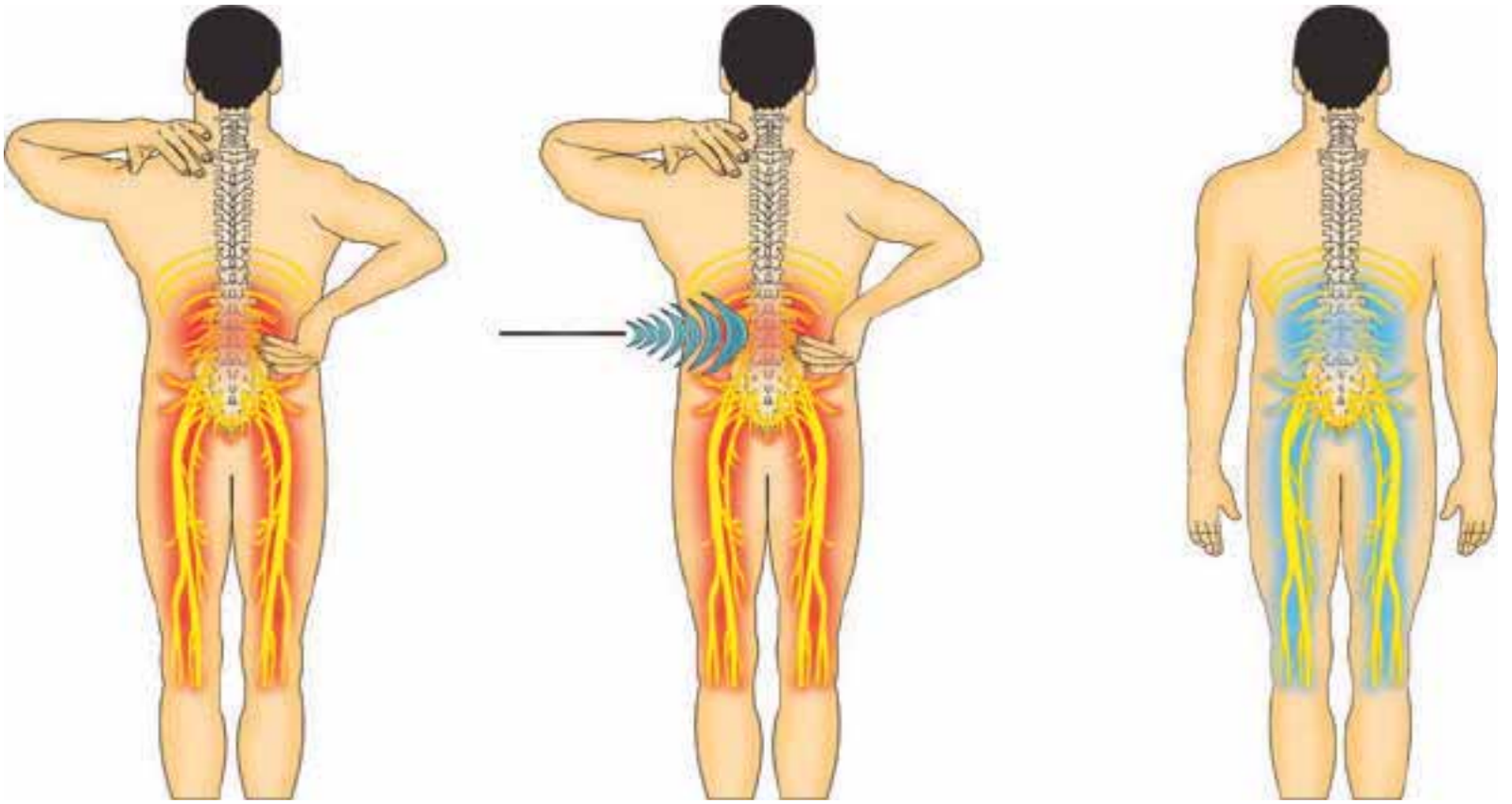

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How could Trump remove Mueller from Russia probe?

Here is a look at how a special counsel can be removed from the job.

After reports on Monday that the FBI had raided the offices of his attorney Michael Cohen, President Donald Trump was asked if he would fire special counsel Robert Mueller.

"Well, I think it's a disgrace, what's going on," Trump replied, calling Mueller's investigation into any links between his 2016 presidential campaign and Russia and possible obstruction of justice a witch hunt. "We'll see what happens."

The special counsel regulation under which Mueller was appointed gives the attorney general or acting attorney general sole authority to fire Mueller for "good cause," such as misconduct, dereliction of duty, incapacity or conflict of interest.

Attorney General Jeff Sessions recused himself in March 2017 from overseeing the Russia investigation after the emergence of previously undisclosed contacts with the Russian ambassador, so that authority has fallen to the department's No. 2, Deputy Attorney General Rod Rosenstein. Mueller was appointed by Rosenstein following Trump's dismissal of Comey, whose agency had led the Russia investigation at its outset.

> **"Well, I think it's a disgrace, what's going on."**
>
> President Donald Trump

Rosenstein told Congress he has confidence in Mueller, prompting concerns among some Trump critics that the president might fire Rosenstein and replace him with someone willing to end Mueller's investigation.

"Saturday Night Massacre" repeat?

On Oct. 20, 1973, President Richard Nixon ordered Attorney General Elliot Richardson to fire Archibald Cox, the special prosecutor investigating the Watergate political scandal.

Richardson refused Nixon's order and resigned. Nixon then gave the same order to Deputy Attorney General William Ruckelshaus, who also refused and resigned. Solicitor General Robert Bork, next in line at the Justice Department at the time, finally followed Nixon's order and fired Cox.

The events, which became known as the "Saturday Night Massacre," proved a political disaster for Nixon. Another special prosecutor was appointed and the Watergate investigation continued, leading to the president's resignation the following year.

Who would come after Rosenstein?

If Rosenstein were to resign in protest over an order to fire Mueller, the task of overseeing Mueller's investigation would typically fall to the associate attorney general, the No. 3 official at the Justice Department.

The person who held that position, Rachel Brand, has stepped down and taken a post at Walmart Inc. Jesse Panuccio, the principal deputy associate attorney general, is doing her job.

But Panuccio does not take Brand's place in the department's succession order, legal experts said. Until Trump formally replaces Brand, the task of overseeing Mueller in the event of Rosenstein's removal would fall to Solicitor General Noel Francisco, according to an internal Justice Department memo.

Special counsel Robert Mueller is investigating allegations of Russian meddling in the 2016 election. GETTY IMAGES

Another replacement tactic?

Trump could fire Rosenstein or Sessions and name a replacement who would fire Mueller. The Federal Vacancies Reform Act, which lays out rules for filling vacant executive positions, could be interpreted as allowing the president to replace Sessions or Rosenstein.

Trump could find someone who fits that criteria and is willing to stop the investigation, said Andy Grewal, a professor at the University of Iowa College of Law.

"That's probably the most politically savvy way to fire Mueller," he said. REUTERS

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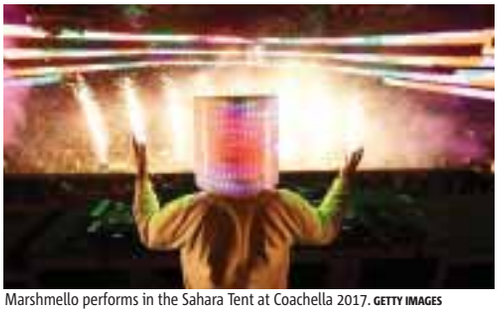
How to watch Coachella from your couch

Coachella starts on the second spookiest day of the year: Friday the 13th. If you're nowhere near Indio, California — or anywhere on the West Coast for that matter — and don't have the funds or spare time to get your Coachella on, fear not! You can actually live stream Coachella from the comfort of your living room couch (or wherever you normally camp out to watch Netflix).



Marshmello performs in the Sahara Tent at Coachella 2017. GETTY IMAGES

How to live-stream Coachella

YouTube is live streaming Coachella for the first weekend (April 13-15). There are over 75 confirmed artists who will be included in this broadcast such as Haim, The Weeknd, Tyler, the Creator and Beyoncé. (Did we mention you can live-stream Beyoncé?!)

The live stream will be compatible with any screen — desktop, TV and mobile devices.

You can plan out your Coachella live stream in advance by registering for a free account and selecting the acts you want to see — that way, they will automatically play if you're engrossed in a different performance when one of your faves comes on.

If that isn't enough, Coachella is also adding a fourth channel to the live stream, which, according to the site, will cover the "Main Stage, Sahara Tent, and festival grounds in an immersive VR180 stream."

You can also download the Coachella app to stay connected and be the first to receive important updates.

Before we let you go into the flower-crowned, creative abyss, here's another quick tip:If you want to get the Coachella experience during the second weekend (April 20-22), you can always rely on social media feeds for coverage — we're sure Internet influencers and select brands will be documenting their every move.

Or, perhaps, some lucky friends of yours are attending the festival. Just tell them to send you all the good stuff while you're at home pretending it's 70 degrees and sunny. The music lover in you will still get your Coachella fix (and Beyoncé, no less). SAM BRODSKY

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Better living through sci-fi

"You musn't be afraid to dream a little bigger, darling." WARNER BROS.

We asked Dan Abella, certified Neuro-Linguistic Programming coach and sci-fi expert, on combining them to reach self-actualization.

EVA KIS
eva.kis@metro.us

By day, Dan Abella coaches people from actors to athletes in developing a more successful mindset at Peak Performance Sciences. By night, he's New York City's foremost science fiction enthusiast who organizes the annual Philip K. Dick Sci-Fi Film Festival.

Those two interests will collide next week at The Kosmodrome, a free one-day "motivational and immersive theater experience" that incorporates films, light shows, brain-stimulating music and performances.

"The Kosmodrome is a transformative power that evokes intense emotional states to replace years of negative conditioning with life enhancing flow experiences," Abella says.

So how exactly can you live better though sci-fi? Abella gave us a few pointers.

Reality is much more subjective than you think

Most people accept the world as it is presented to them. But just as Neo realizes there is no spoon in "**The Matrix**," Abella says we need to understand how much of reality is actually less real than we think. Of course, you can't stop bullets or survive a jump from a building in real life, but understanding where your boundaries actually are — physically, emotionally, mentally, professionally — is the key you need to unlocking your ambition and potential.

"Find out how deep the rabbit hole goes." WARNER BROS.

Organize your mind

In "**Inception**," having a structure to your mind is a learned skill. "People spend more time modeling their apartments than modeling their minds," laments Abella, noting that it's a learned skill like any other. "The mind is a fluid sense of processes that you can move internally to open up more spaces so we can be more creative and more insightful about the world."

Don't trust machines above yourself

With self-driving cars killing pedestrians, we're already seeing how well-meaning machines can benignly end us. This isn't even getting into the territory of HAL in "**2001: A Space Odyssey**," the machine that believes itself infallible having an emotional crisis when it realizes it's been given false information. The lesson is not only to be careful with how much power we give machines over us. "AI is definitely something we need to be very careful about, how we develop it and how we interact with it, because we could very well use it as a crutch and not rely on our own senses."

"This mission is too important for me to allow you to jeopardize it." MGM

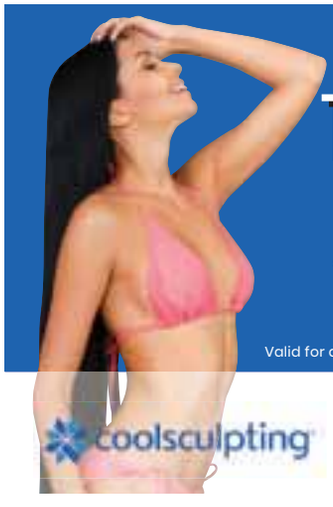
Check your preconceived notions

In the era of fake news, everyone is wary of bias — but we're not always sure what it looks like. For example, do minorities commit more crimes, or are these communities simply overpoliced and the data skewed because of that? This is a crisis currently unfolding, but "**Minority Report**" warned us back in 2002 about the dangers of predictive policing. "By the time people find out the truth of someone, everybody's opinion is already made up," Abella points out. "He's been tried and convicted."

"We're not meant to save the world, we're meant to leave it." 20TH CENTURY FOX

Remember your own power

Technology is what got the Earth in trouble in "Interstellar." But it was human ingenuity and love that saved Matthew McConaughey's character and our entire species in the film. That may or may not be possible thanks to relativity, but one thing scientists are increasingly saying exists is parallel universes. "There's some well-respected physicists that believe when we think of something or fantasize about something, what we're actually doing is perceiving another reality, a parallel universe that exists right next to us," says Abella.



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LEXINGTON PLASTIC SURGEONS

‘Beirut’ is an old-school hostage movie with shockingly topical resonance

Academy Award nominated writer and director Tony Gilroy on the problematic politics that stopped the movie from being made 27 years.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

High drama, set at a breaking point in global politics, starring Jon Hamm. BLEECKER STREET

“Beirut” was supposed to be Tony Gilroy’s sophomore film as a writer.

Gilroy, who has since written all three of Matt Damon’s “Bourne” films, wrote and directed “The Bourne Legacy,” and was nominated for an Academy Award for both his writing and directing on “Michael Clayton,” actually started work on “Beirut” back in 1991, a full year before his debut effort as a screenwriter, “The Cutting Edge,” was released.

Why did it take so long to be released?

The first film I made, “Cutting Edge,” had Robert Cork as producer, and he had been in the CIA. And we had a lot of political conversations on the set of that film. He really loved the idea of making a film about a negotiator, which we thought was a cool idea. We looked for a place to set it, decided on Lebanon, and then I looked for a moment in time in Lebanese history where I could set a fictional story in the most realistic way possible — the most tense moment. After a lot of research that seemed to me to be the winter of 1982. The script was really popular. And it was really good for me. Really important. A lot of people got interested. But there was always something holding it back. A lot of people were having a hard time with the politics at the time. Which is hard to believe now when you see it. But the politics were a little bit redlined for people in 1991.

Did you do a rewrite when you found out the film was finally being made?

I never believed they were going to get the movie made. Even when they got Jon Hamm and Brad Anderson. Especially when they told me how much they were going to make it for. I told them, ‘You can’t make the film for that much money. I don’t know how you do that.’ When it finally got real I said I needed to go back in and take a pass at it. And it was a very interesting thing to collaborate with yourself. I didn’t change the plot, I didn’t add any new characters. I thought it would only take a week, but it took much longer. I made it a lot more truthful. A lot more simple.

It really feels different from a modern film — it’s complicated, and isn’t spoon fed.

There used to be a lot of movies like this! It wasn’t an unusual script at the time, other than the fact that the politics were a little on the money. “The Year of Living Dangerously” was on everyone’s mind at this point. It’s more unusual now.

Usually a film like this would be on Netflix now.

It will be really interesting to see if people will leave their homes to come and see a film like this. This genre, this aisle of the book store has moved to the small screen. You need a convergence of a certain number of things to even get it to a mass audience in a theatre. It really doesn’t hurt to have Jon Hamm. We’ll find out shortly if people will put down their remote and head out to the theater.

“Beirut” will released on April 11.

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Liv Tyler plays the small-town sheriff who tries to save Powley's character. ALL PHOTOS IFC

'Wildling' depicts growing up 'in current society as a woman,' just through the eyes of a Werewolf

Bel Powley talks us through the mysterious horror fantasy.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Despite being shot two years ago, "Wildling" is being released at the exact right time.

Because while it's a creature feature, Fritz Bohm's directorial debut is rich in subtext about womanhood and the complications that come with that growth, both from within and from the male gaze.

"There's a real market for this movie right now," Bel Powley recently told me over the phone. The British actress plays the lead character, Anna, in "Wildling," who, after being kidnapped as a young girl, is given injections to keep her from puberty. Once she escapes she suddenly goes through this transformation, and then much, much more.

What first attracted you to "Wildling"?
I'm always attracted to stuff that kind of subverts the norm. I felt like when I first read "Wildling," it kind of split the traditional horror movie concept on its head. It was a female central character, she is the beast, and we sympathize with the beast. Also, for me the movie is representative of what it's like to grow up in current society as a woman. Once you go through puberty as women we're faceless. The obstacles in this film are representative of society and the obstacles that young women have to deal with. It was really the subtext that attracted me to it rather than the specifics of the role.

Was that a discussion you originally had with the director?
I read the script before I met Fritz, and that metaphor immediately struck me. So when I first spoke to him I wanted to make sure that was what he meant. If it was just a normal werewolf movie then I wasn't interested. When I spoke to him he just basically repeated everything I had thought back to me. We were completely on the same page with what the movie was about from the start.

Bel Powley is mesmerizing as the child who lost her childhood.

There's a particularly important line of, 'You're not sick, you're a woman,' which the film seems to play off of.
Totally. As young women as soon as you reach puberty you are not taught how to embrace your body and embrace what is happening to you. You are taught to hide it and control it. You are told how to look, how to have sex, who to have sex with. The metamorphosis of Anna into this beast represents what it is like being a young woman and having all this stuff happen and not knowing what to do with it.

With such easy access to so much information now it is only going to confuse matters, too.
It is very intimidating. Especially because grown men, the patriarchy if I am being general about it, just don't know what to do with teenage girls. Society wants to ignore what is happening. You are kind of left out there in the cold. All of these people tell you how to act and how to be, but no-one really knows. It is a very complicated time. And that's why I like to do movies about it.

I know that as a young actress you worked on children's shows in England, was being exposed to the male gaze at such a young age what piqued your interest in this subject matter?
I think you can see in the projects that I choose that I deal with it by acting against it. So rather than choosing projects that force me to fit into the box that society wants me to be in as an actor I am constantly looking for projects that are the opposite of that.

"Wildling" is released in New York and on VOD on April 13.

‘Caught’ is the most uncomfortable and important podcast you need to listen to right now

Juvenile detention in America is a problem we need to face. RICHARD ROSS

Juvenile incarceration is a huge problem in America, and it becomes real when you hear from the kids who are trying to survive it.

JOSHUA CROUTHAMEL
Joshua.Crouthamel@metro.us

Ready for some really tough earbud moments? Download “Caught,” the free nine-episode podcast by WNYC about kids in prison, told by the young people themselves. It puts voices to a problem you’re probably aware of, but not invested in, if you don’t have a friend or family member embroiled in the system.

Host Kai Wright curates the storytelling from a team of journalists and the young people who are brave enough to share their stories in “Caught.”

“All of the kids we introduce you to in this podcast remain — in one way or another — caught in the system,” Wright tells Metro. “They shared their stories with us at a time when they are terribly vulnerable. Having heard their stories, all I can conclude is that we owe them a lot more than this. How do we stop punishing and start helping people who do harm, to others, or to themselves?”

Roughly 53,000 young people are incarcerated in this country on any given night. And the number of those kids who could benefit from support rather than suppression? The vast majority. We spoke with Wright to learn more about both his podcast and the problem that faces the country.

What leads to so many young people ending up on Rikers Island instead of in high school?
We’re criminalizing trauma, and simple teenage behavior — schoolyard fights, that sort of thing. We’re arresting 10-year-olds instead of working to help these kids.

That young? Really?
The sorting of innocence from irredeemable guilt starts SO young. And more often than not, that stark divide depends on what you look like and where you live. We wanted to tell the stories about young people who are not innocent, and yet, due to troubling disparities, or just plain luck, they face very different consequences for their choices. For millions of them, once they get caught, that’s it.

Isn’t the prison system meant to help rehabilitate offenders?
Once a young person is put into detention, often for trivial offenses, it’s very rare for them to recover and return to life as a child, with support and opportunities. Even when they’re out of the system, these kids are in crisis.

These stories that you’re sharing are visceral because they’re so personal.
What we’re doing is asking someone who has never been asked to tell their story. We hear from activists, cops, government officials — but never the young people in the system.

So what’s the next step?
For the young people? While some get second chances or learn from their mistakes, others get trapped in a web of cops, courts and jails.

For the country? It’s hard to say, ‘Here’s what to do’ — I just hope this storytelling opens up a conversation about what we’re willing to consider. Do we abolish this system altogether? Address it differently? Let’s talk about it, and then we can think about next steps.

It’s difficult listening to what these kids are going through, but I hope we get to a place where, as a listening audience, we don’t approach them with pity and instead we act. We have a role in changing this system.

These are hard, hard stories, but to sit there, listen, feel sorry — or even angry — for them, and do nothing? We can actually do something.

Nine episodes of “Caught” are available free, now, at wnycstudios.org/shows/caught

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Your slow cooker still works in spring

These "impress your friends" recipes are easy enough to throw together before work and enjoy when you come home. LUCY E. COUSINS

There are few things better than walking into your home and smelling a delicious meal you prepared earlier. All you need to do is get chopping in the morning, set your timer and then come home to a perfectly cooked meal. What more could you want?
We asked nutritionist Zoe Bingley Pullin for her top 3 healthy slow cooker recipes, but with a twist to take the genre from the traditional winter warmer to spring. Sure, you can make regular chili in a slow cooker, but with a few unusual ingredients (from healthy or Whole Foods stores) you can create dinners that will impress even the toughest critics as the temperatures start to rise.

Brown Rice and Seaweed Congee

Congee
1 cup brown rice, uncooked
8 cups vegetable stock or miso paste
1 tbsp ginger, grated
¼ cup wakame (edible seaweed), soaked in ¼ cup water
½ cup dulse flakes (sea lettuce flakes), soaked in ¼ cup water

Toppings
Sesame roasted nori
Boiled eggs
Alfalfa sprouts

ALL IMAGES FROM ZOE BINGLEY-PULLIN

Method
1. Rinse the rice under cold water and drain well (preferably overnight).
2. Combine stock, rice and ginger in your slow cooker and cook on high for 5 hours. The rice is ready when it looks like a thick soup — extra liquid may be required during the cooking process.
3. Fold in the wakame and dulse. Spoon rice into individual bowls and top with crumbled sesame, roasted nori, boiled eggs and alfalfa sprouts.

Tip: For extra crunch, top with chopped roasted tamari almonds. If wakame is not available in supermarkets, try a health food store.

Lemon Myrtle Roasted Chicken with Lime Stuffing

Rub
1 large organic chicken, trimmed
2 tbsp ground lemon myrtle
1 tbsp dried marjoram
2 tsp sea salt
2 tsp pepper
2 tbsp extra olive oil

Stuffing
3 slices multigrain bread
1 small Spanish onion
1 egg
4 tbsp EVOO
1 tbsp seeded mustard
2 tsp sea salt
½ bunch flat leaf parsley, washed
4 limes, cut in half

Method
1. Preheat oven to 350. In a small bowl mix together all of the rub ingredients, then rub evenly over the chicken.
2. In a food processor add all of the stuffing ingredients — except the limes — and blend to a rough consistency.
3. Using latex gloves, stuff the chicken. Then place the chicken breast-side up on a rack in a slow cooker and cook on high for 4 hours (or low for 7 hours). To test if cooked, stick a skewer into the chicken and the juice should run clear.

Thai Black Rice with Banana

Ingredients
1lbs black rice
4 cups of water
1 fresh pandan leaf
7 fl-oz maple syrup
5 fl-oz organic unsweetened coconut milk
3.5 fl-oz coconut water
2 ripe bananas or mango

Method
1. Add the rice, water and pandan leaf to your slow cooker and put it on for 3 hours. Leave to cool slightly
2. In a small saucepan add the maple syrup, coconut water and coconut milk and warm slightly
3. Add the black rice to the mixture and stir. Serve in separate bowls with sliced banana on top

Tip: Fresh pandan leaves are available from Asian grocery stores and have a sweet vanilla-like flavour.

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Transform your rental property in six simple steps

Just because you live month-to-month doesn't mean you have to settle for gross.

LUCY E. COUSINS
letters@metro.us

There are some definite benefits to renting. For a start, you don't have a gigantic mortgage, you can rent in neighborhoods you could never actually afford to live in (read: this entire city), and if you get bored, well, you just can just up and leave. But just because you're renting, doesn't mean you have to put up with that sticky carpet from the '70s and the police station blinds on the windows. There are many ways you can turn your rental into your dream home — here are six for you to try this weekend.

No artwork? No problem. A splash of color can come from fabric. ISTOCK

1. Decorate with material
If your landlord's a stickler about nails or paint, use large pieces of material to completely change the feel of a room. They can be used as a focal point in the living room, as a bedhead in the bedroom and can also be used to separate areas (such as dining or living). Sew on some double-sided tape to the top two corners (or use adhesive) to secure the material without damaging the walls. Our tip? Make sure you wash them every season.

2. Play with color
Interior stylists are not afraid to add a little color to a room, and a bright table or bookshelf can work really well in a kitchen or bedroom, especially if they don't get a great deal of natural light. The key with working with more than one color is to design a palette of only a 2-4. That said, it can be a good idea to highlight one accent color that pulls the interior design together in each room.

3. Make an art feature wall
While you might have to forgo heavier prints and large mirrors as a renter, you definitely don't have to forget about art in general. With lightweight frames available at Target and IKEA, for example, your poster art can still take center stage. Invest in reusable wall hooks that use double-sided tape, and bunch artworks together to create a feature wall. Make sure you only do this on one wall in each room; otherwise the effort will be overpowering and will make the space seem smaller.

4. Use plants for design
Not only do plants detox the air, studies have shown that they can also increase productivity and concentration by 15 percent! But aside from the health benefits, plants can instantly change the appearance of a room. Ignore any delicate species and instead choose a hardy plant with dramatically shaped leaves, such as a Swiss Cheese plant (Monstera deliciosa) in a vase of water, or opt for plants that can be grouped together like cacti so they create a design feature.

5. Get creative on the walls
If you're sick of your roommate/partner's taste in art, try removable stickers. If you love travel, for example, you could stick up a wall-to-wall world map. Or if you want something more abstract, play around with metallic colored dots and shapes to create your own masterpiece. These work best in the living room or the bedrooms, as humidity makes it too hard in the kitchen and bathroom.

6. Add statement lighting
Let's be honest, the lampshades in most rentals haven't been changed in four presidencies. But you don't have to live with dusty old decor. Go crazy with statement lighting. Choose big and bold designs that will instantly uplift your space. Make sure you use shades that can easily be fitted and removed without an electrician so you can take them with you to your next home.

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SPORTS

2018 NHL Playoffs 1st-round preview, predictions

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The puck drops on the NHL playoffs tonight.

JOE PANTORNO
joseph.pantorno@metro.us

The best postseason series in North American sports, the NHL's Stanley Cup Playoffs, gets underway on Wednesday night.

That's right, I didn't stutter.

It's far and away better than the MLB, NFL and NBA playoffs (in my opinion).

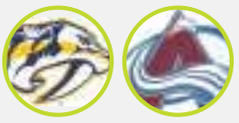
More than half of the league's 31 teams, 16 in total, have emerged from the regular season one step closer to the holy grail that is the Stanley Cup.

For the first time since the 2009-10 season, New York won't have a representative in the postseason as the Islanders and Rangers brought up the rear in the Metropolitan Division while the Buffalo Sabres were one of the worst teams in hockey.

But one of the best things about the league is the parity involved. There are seven different teams competing in the postseason compared to last year and every matchup holds the promise of an upset.

That includes the Vegas Golden Knights, the expansion team that incredibly holds the No. 2 seed in the Western Conference after putting up a historic 109-point season. They are looking to become the first expansion team since the 1967-68 St. Louis Blues, who recorded just 70 points in their first year, to make a Stanley Cup Final.

It will be a brutal road to make the Final, but anything is possible come playoff time. So let's take a look at all the first-round series and see how they might shape up:



PREDATORS vs. AVALANCHE

THE PICK: *PREDS IN 5*

On the back of Nathan MacKinnon, who put up by far the best season of his career with 39 goals and 58 assists, the Avalanche shocked the league and finished fourth in the Central Division.

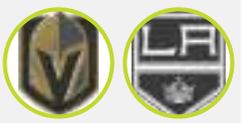
Unfortunately for them, they'll be running into a buzzsaw that is the President's Trophy-winning Nashville Predators who are coming off a regulars season in which they put up a franchise-record 117 points. This is a team built on defense, possessing the best blue line in the league with the likes of P.K. Subban and Roman Josi. Not to mention goalie Pekka Rinne, who is a favorite to win the Vezina Trophy this year.

JETS vs. WILD

THE PICK: *JETS IN 6*

Winnipeg possesses the most high-powered attack in the Western Conference as the Jets racked up 277 goals this season. And they might have the best one-two punch of right wingers the league has to offer.

Blake Wheeler recorded a career-high 91 points in his age 31 season to anchor Winnipeg's top line while second-year man and 19-year-old Patrik Laine finished second in the NHL with 44 goals. The Jets offense will be too much for the Wild to handle considering they will be without one of their top defenseman Ryan Suter, who suffered a broken leg toward the end of the regular season.



GOLDEN KNIGHTS vs. KINGS

THE PICK: *KINGS IN 6*

There is no denying that the Knights have put together one of the best stories of the year, a team comprised of castoffs banning together and becoming one of the top units in the league.

However, the Knights have been mediocre down the stretch, dropping seven of their final 13 games. They'll be taking on a Kings team that is defensively sound, allowing the fewest goals in the league and has a championship core that won a pair of Cups. Veterans like Anze Kopitar and Dustin Brown, who both had career years, will find a way to come up big when the lights shine brightest.

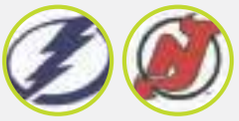
SHARKS vs. DUCKS

THE PICK: *DUCKS IN 7*

Both the Sharks and Ducks hold top-five penalty-killing units this league, which puts an added amount of stress upon 5-on-5 play. San Jose will be without veteran playmaker Joe Thornton, at least for the early portions of this season, which is only going to put more pressure on Logan Couture and Joe Pavelski.

They'll garner most of the attention from the NHL's fourth-best defense which allowed just 216 goals this year. Though most of the Ducks' success should be attributed to the play of goalie John Gibson, whose 2.43 goals against average kept Anaheim's season intact when injuries swept through the locker room.

When it comes to a toss-up series like this, I'm going with the hotter goalie as Gibson can outduel San Jose's Martin Jones.



LIGHTNING vs. DEVILS

THE PICK: *BOLTS IN 6*

Tampa's star captain Steven Stamkos is questionable after missing four of the final seven games with a lower-body injury.

But it's been the Nikita Kucherov show for most of the year as he finished third in the league with 100 points. The problem is that the Bolts have faltered down the stretch, losing five of their last eight. To make things more interesting, the Devils swept the season series and have been red-hot with wins in 10 of their last 14.

New Jersey is anchored by Taylor Hall, a contender for the Hart Trophy after putting up a career-high 39 goals and 54 assists for 93 points. However, that's really all the attacking prowess the Devils have as the team's second-leading scorer is 41 points behind Hall. It will be tight, but the Lightning should pull through.

BRUINS vs. MAPLE LEAFS

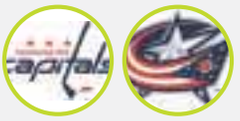
THE PICK: *LEAFS IN 7*

From the middle of December to the middle of March, there wasn't a hotter team in the league than the Bruins. A 27-5-3 streak over 35 games throttled them toward the top of the Eastern Conference, but they might have peaked too early.

In the final month of the season, Boston has come back down to earth, finishing the year 7-4-4.

They're meeting a Maple Leafs team anchored by a dynamic trio of Auston Matthews, Mitch Marner, and William Nylander. All of whom are 21 years old or younger and recorded at least 60 points this season.

Toronto is 3-1 in four games against the Bruins this season and Mike Babcock is one of the best coaches the game has ever seen. He could find a way to pull off this upset.



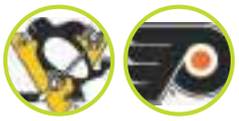
CAPITALS vs. BLUE JACKETS

THE PICK: *CAPS IN 6*

Expectations are far lower for the Capitals compared to year's past, which might actually help the underachieving Eastern Conference power.

Alex Ovechkin can still control any game on any given night despite becoming an elder statesman of the league at 32. He led the NHL in goals scored (49) for the sixth time in the last seven seasons, further adding to his Hall of Fame resume. His presence along with Nicklas Backstrom and Evgeny Kuznetsov's will be enough to fuel the Capitals past the Blue Jackets, who have scored the second-fewest goals among playoff teams this year.

It also helps that Washington is playing its best hockey of the season at the perfect time, collecting wins in 12 of their final 15 games.



PENGUINS vs. FLYERS

THE PICK: *PENS IN 7*

The Battle of Pennsylvania headlines the first-round matchups this postseason as there will be plenty of bad blood boiling over in an electric setting.

Though two points separated these teams in the regular season, the Penguins had the superior offense, racking up 21 more goals than the Flyers. Evgeni Malkin put up the best season since his MVP-winning 2011-12 campaign while Phil Kessel recorded 92 points, 12 more than his previous carer high. It allowed Sidney Crosby to be Sidney Crosby as the Pens captain recorded 89 points for a second-straight season.

That trio will be enough to cancel out the mercurial Claude Giroux, who finished second in the league with 102 points (34 G, 68 A).

3 things the Knicks must do this offseason

Another disappointing Knicks season draws to a close on Wednesday night in Cleveland.

JOE PANTORNO
joseph.pantorno@metro.us

For the fifth-straight season, the New York Knicks will not be partaking in postseason basketball as unremarkable basketball has become the norm at Madison Square Garden.

The Knicks are going nowhere, this season being the fourth-straight 50-plus-loss campaign as they are destined for another lottery pick in the 2018 NBA Draft. However, their inability to fully embrace the tank means it's likely they won't have a top-five selection.

But this offseason provides president Steve Mills and general manager Scott Perry their first full summer in control of the team, providing them with a blank slate of sorts to try and rectify the mistakes of past regimes.

Here are three things the Knicks can do this offseason to help spark a legitimate rebuild:

KEEP TREY BURKE AND START HIM

Point guard Trey Burke has been a revelation in New York's backcourt, getting called up from the G-League in January and wrestling the starting job away from Frank Ntilikina and Emmanuel Mudiay.

Averaging just 21.2 minutes in 35 games prior to the season finale, the 25-year-old was averaging 12.6 points and 4.6 assists per game. Translate those stats to their per 36-minute averages, a time closer to what a legitimate starter sees, and the Michigan alum is putting up 21.4 points and 7.8 assists per game.

It's far better than what either Ntilikina and Mudiay have provided and some of the best backcourt work the Knicks have seen in quite some time. It should earn him the starting job next season and beyond as long as he continues maturing into the floor general New York has seen over the past three months.

DRAFT MIKAL BRIDGES

The Knicks are slated for a pick ranging from No. 8 to No. 10, which will see them lose out on the elite talent available in the 2018 draft class. That doesn't mean they can't obtain a future star in an area of need.

Villanova star Mikal Bridges should be on top of the Knicks' wish list during the 2018 NBA Draft. GETTY IMAGES

Head coach Jeff Hornacek, who might not survive the summer with the team, admitted that his team needs a legitimate small forward.

"I think if you look around at the top teams that are in the league, they have multiple guys that are in the 6-foot-7, 6-foot-8 range with length," Hornacek said in late March (h/t Newsday). "We had a lot of guys that are in the 6-foot-5 range. Just to get bigger at some of those spots and just continue to work on chemistry."

He's been forced to roll out Tim Hardaway Jr. and Courtney Lee, natural shooting guards, along with Troy Williams at the small forward spot for a majority of the season after dealing Doug McDermott.

Villanova's Mikal Bridges, coming off a national title, would fit the bill perfectly. At 6-foot-7, he is an above-average 3-and-D prospect that can perform well on both ends of the floor thanks to his athleticism and length. While he isn't the most physical player, he would provide a sizeable upgrade at the position and allow Hardaway to return to his natural position at the 2.

STICK WITH NTILIKINA

Guard Frank Ntilikina hasn't enjoyed a particularly fruitful rookie campaign. His development has been slow, especially on the offensive side of the ball as he's been forced to cycle between point and shooting guard roles.

On Monday night against the Cavaliers though, Ntilikina gave the Knicks a glimpse of what he might become, scoring a career-high 17 points on 16 shot attempts to go with six rebounds and five assists.

That kind of aggression will be imperative if the Knicks are set on playing the 19-year-old more as an off-guard compared to a point guard.

Regardless, this is a 6-foot-5 talent that could develop into an invaluable hybrid in the backcourt capable of playing both the 1 and 2. While he might not get a starting role if Burke and Hardaway are the go-to-guys, Ntilikina would still get plenty of minutes and become a major contributor if he can continue building his game at both positions.

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GAMES

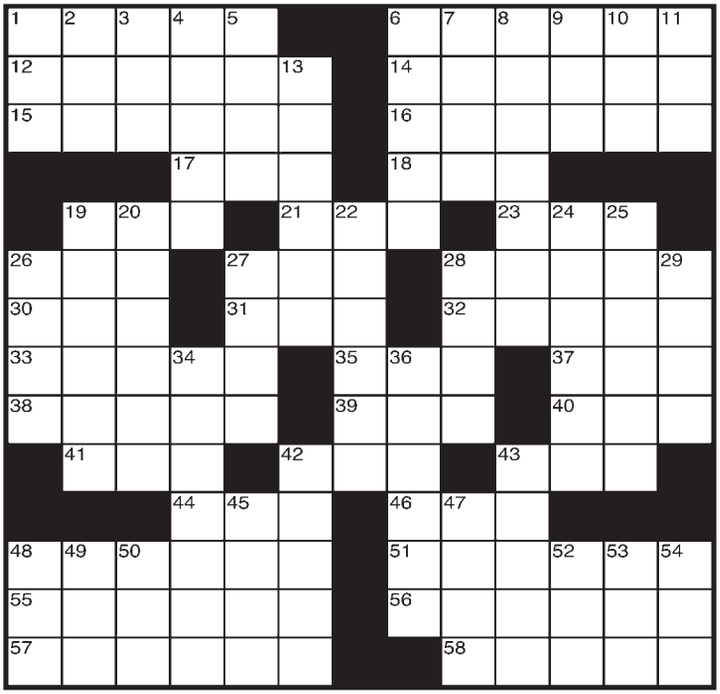
metro.us/crossword

ACROSS

1 Catnip and cardamom
6 Inert gas
12 Lunar spacecraft
14 Maria Conchita --
15 No-nos
16 Quenched
17 Teahouse attire
18 Overly glib
19 Thoughtful murmur
21 Apt. units
23 Selfish one
26 Kind of coat
27 Airline ticket word
28 Wild
30 Web addr.
31 Tempe inst.
32 Whisper on stage
33 Churns up
35 Fictional collie
37 -- foo yung
38 Disprove
39 USN rank
40 Recent, in combos
41 California's Big --
42 Passports, etc.
43 Homer-hitter Mel --
44 Anderson Cooper's channel
46 Cal. rows
48 Crochet project
51 Concert bonus
55 Jacket part
56 Rock band crew member
57 Mull over
58 "Gimme a --!"

DOWN

1 Bowler
2 Pollution org.
3 Hold up
4 Flower of a plant
5 Messy one
6 Padlock partners
7 Raines of old movies
8 Abhors
9 Cuttlefish defense
10 Put into service
11 "The -- Squad"
13 First mummy, in myth
19 Submarines
20 Beach near Los Angeles
22 Attacked by a bear
24 Familiarize
25 Gizmo
26 Happy rumble
27 Like the universe
28 Novelties
29 Engineering toy
34 Swayed
36 True, at times
42 -- tube
43 A Muppet
45 Basilica area
47 Rounded handle
48 Deadly snake
49 Andy Capp's wife
50 Ike's rank
52 Byron work
53 Estuary
54 Cartoon shriek



metro.us/sudoku

easy

	2		8		4			
			1				5	
4				7	9		1	3
6		1			8	3		
	8						7	
		4	2			8		9
8	1		9	2				7
	3				1			
			6		7		3	

hard

			8	5				1
					2	3	7	
	2	4					9	8
		5		6			2	
	7	9				4	1	
	4			3		6		
5	6					7	3	
	8	2	6					
4				2	7			

metro.us/horoscopes

Aries Think before you speak. You'll end up in a compromising position if you are too pushy or will not listen to reason. Nurture relationships instead of pushing people away.

Taurus You'll find it difficult to sit still and wait out an uncertain situation. Try not to disclose any information that could be used against you. Don't act or say something impulsively.

Gemini A physical change will make you feel good about the way you look and what you have to offer. Don't impose on someone who isn't up for as lively a time as you are.

Cancer An unexpected change will catch you off-guard. Don't feel you must get involved in something risky. Acknowledge what others are doing, but go your own way.

Leo Changes at home that will add to your comfort are highlighted, but before you begin, make sure you have the approval of anyone who will be affected by your plans.

Virgo Avoid people who are unpredictable or who promote poor habits. Focus on making personal and physical improvements and paying closer attention to good health and exercise.

Libra Personal and emotional changes can be made. Home improvements should help cut your overhead or bring greater peace and comfort to you and those you live with.

Scorpio Make love and romance your priorities. Changes you make that update your image or encourage you to be fit and healthy will make you feel good and will draw compliments.

Sagittarius Look for personal opportunities instead of offering to do the dirty work for someone else's benefit. Put your energy into your home, family and self-improvements.

Capricorn Refuse to let anyone push you into something you shouldn't do or put unreasonable demands on you. Back away from anyone who appears to be unpredictable.

Aquarius Make positive changes to the way you handle your money. A financial gain, gift or offer should be protected from someone trying to take advantage of your good fortune.

Pisces You'll desire personal change and should consider doing something to update your physical appearance. It will draw attention with someone special. EUGENIA LAST

Yesterday's answers

V	C	R		G	R	A	B		Y	V	E	S		
A	H	A		Y	O	R	E		A	I	L	S		
M	E	N		R	A	C	E		W	O	K	E		
P	A	C	M	A	N		F	E	E	L				
	T	H	A	T				A	D	A	M			
			H	E	Y	Y	O	U		T	E	A		
B	E	L	A		E	O	N		T	E	S	T		
I	D	O	L		A	D	E		E	D	A	M		
D	E	C		E	R	A	S	E	R					
	N	U	L	L				A	R	L	O			
		T	O	L	L		P	R	A	I	S	E		
W	H	I	R		O	X	E	N		L	A	B		
H	O	O	D		N	I	K	E		A	K	A		
Y	E	N	S		E	V	E	R		C	A	Y		

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